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The Iowa Homemaker vol.13, no.5

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The IOWA HOMEMAKER

What a Big Difference . . .

By Ruth Cook

If You Can Can . . .

By Hazel Moore

Children Need Toys . . .

By Gladys M. Johnson

Miss 4-H Goes to College . . .

By Edith Blood

DECEMBER, 1933

VOL. XIII - - NO. 5

Tea Table Topics . . .

"Hecs" Hear of Philippines

"**F**ILIPINOS dearly love American jazz," said Miss Laura Williamson, a former teacher in the University of the Philippines, at the home economics convocation Thursday morning, Oct. 26. Miss Williamson, whose home is in Grundy Center, has recently returned from a 3-year teaching position in the Agricultural College of the university.

"The students are fond of dancing and singing, which is characteristic of the native people. American jazz is used extensively for dance music, and it is not uncommon to hear 'I'm Following You' or 'There'll Be a Hot Time in the Old Town Tonight' played at funerals or religious ceremonies."

The bright, homespun clothing of the natives makes a decided contrast to the European costume adopted by many of the Filipinos when they come together at a social function, Miss Williamson said. Both outfits are considered correct, with the choice being merely a matter of taste.

A typical native costume worn by Miss Williamson consisted of a bright print, form-fitting skirt, which had a train pinned up to the waist. This, she explained, could be carried in the hand while dancing. The blouse of stiff cloth, resembling organdy, was embroidered on the perky full sleeves and around the collar, which fit low around the neck. Silver bracelets and earrings completed the costume.

"The houses of the natives stand from 4 to 10 feet above the ground," she said. "Here the inhabitants are cool in the summer and are protected from snakes and the damp earth. The floors, made of split bamboo and oiled with petroleum and tallow, are kept shiny by skating over them on coconut shells. The windows are kept closed at night to ward off any witches or angry gods."

Miss Farris Advises Teachers

MISS MARY FARRIS, state supervisor of vocational homemaking education, spoke to the home economics education division of the Home Economics Club Thursday, Nov. 2, on the qualities of a good home economics teacher.

"A good home economics teacher must be, first of all, a wholesome, normal woman. She must have health and must be physically attractive. She must have a vital interest in all affairs of living and must take an active interest in some hobby," stated Miss Farris.

A good home economics teacher must, of course, know her subject matter and the methods of teaching it; that is, she must be well trained, Miss Farris explained.

Love and understanding of people make a teacher vitally interested in her pupils, their homes and their families, and are essential qualities for a good teacher, Miss Farris said. She told of Iowa teachers who have aided in the improvement of home conditions and helped girls with home problems.

Experience in homemaking and in organization and management of clubs and



Mary Farris

fairs are helpful to a home economics teacher, according to Miss Farris. A desire for service and a desire to grow are also important, she said. A teacher may grow, she said, by reading books and magazines and attending home economics meetings, as well as by visiting the homes of her pupils.

Miss Farris gave as one of the most essential qualities of the good home economics teacher the possession of a high ideal of homemaking. She must recognize the importance of good homemaking and realize the influence that she may have in making her pupils good homemakers, Miss Farris said.

Dean Fisher Re-elected

DEAN GENEVIEVE FISHER was re-elected president of the Iowa Home Economics Association at its meeting Friday, Nov. 3, in the Pompeian Room of Younkers' Tea Room, Des Moines.

Other officers elected were Violet Miller, teacher in the high school at Tama, secretary, and Dr. Beatrice Geiger of Iowa State Teachers' College, Cedar Falls, counselor.

The meeting began at 1:30 p. m., following a luncheon at which about 100 were served. Miss Iva Brayton of Iowa State Teachers' College, president of the State Home Economics Club, made a report on student clubs.

Miss Frances Zuill, president of the National Home Economics Association, spoke on "New Values in Home Economics." Miss Zuill is head of the Home Economics Department at the State University in Iowa City. Her speech was followed by a summary of the national convention of the association held in Milwaukee, Wis., in June, by Miss Lulu Smith of the State University.

Mrs. Wellman, whose identity was not disclosed until she appeared on the program, spoke on "Home Economics as I Taught It and as I Used It." Mrs. Wellman of Cedar Falls was formerly a high school teacher of home economics and is now a homemaker.

About 15 members of the home economics faculty of Iowa State College, as well as several students, attended this meeting.

Phi U Makes Cakes

HAVE you a philanthropic urge? Does your sweet tooth long to be satisfied? Do you believe that it is more blessed to give than to receive? Then read on and behold the solution to all your problems. Phi Upsilon Omicron, professional home economics fraternity, is sponsoring its annual fruit cake sale. The proceeds of this sale go to make up a loan fund available to deserving senior women.

The cakes are baked in pound sizes and sell for fifty cents each. They are attractively wrapped for gift packages and will be delivered before Christmas vacation begins. Orders must be placed before Saturday, Nov. 18, for the cakes are to be baked the following week to allow for ripening.

As proof of the excellent keeping qualities of these toothsome delicacies, one purchaser of last year reported that she didn't eat her cake until the following summer, and it was delicious. So you see that this would be an excellent reserve to keep on your closet shelf for an unexpected spread some future winter evening! In fact, one can almost disprove the old saw about "You can't have your cake and eat it, too!"

Make your Christmas list modern so it can boast, "I've got everything," including even a fruit cake or two!

Any of the members of Phi U take orders. Beatrice Bernick is general chairman of the fruit cake sale and Virginia Kirstein is sales manager.

A student-chair with a wide arm is convenient in the kitchen.

THE IOWA HOMEMAKER

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NO. 5

What a Big Difference . . .

By Ruth Cook

MISS FRESHMAN and her 234 counterparts now at Iowa State will never be the same after 4 years of college. Statistics say so. As a senior she'll have entirely different ideas about life. That is what Opal Lynn, home economics graduate, discovered when she made a survey of the differences in the attitudes of girls who were just beginning their college work and those who were soon to finish. The survey was a part of her graduate thesis.

What are these freshman friends of yours like? Have you ever thought about their ideas and attitudes or how they may be changed by college life? Select some typical freshman girl whom you know and see if she doesn't fit these qualifications. They are the ones that Miss Lynn found to be characteristic of freshman girls on the campus last spring.

No one can evolve a beautiful thought on the spur of the moment. So just because you don't hear Miss Freshman going around spouting any of the finer sentiments is no sign that she doesn't have them. Miss Freshman has a much more satisfactory philosophy of life than she had when she was Miss High School Student, Miss Working Girl or Miss Whatever-she-was. Even a few months of college work have helped her to form some definite ideas about life.

College has made her want to be more like the other fellow. It has added social conformity to the list of her desires.

Making friendly contacts with instructors is one part of her college career that Miss Freshman has neglected. She hasn't time, she doesn't think that instructors encourage it and, besides, she doesn't think it is important.

CONTACT is an overworked word among young hopefuls, but contacts are still important in influencing one's attitude toward life. As her friend you have a greater influence on Miss Freshman than anyone else. She will even prefer to follow your example rather than heed the precepts of college chapel speak-

ers. Religious speakers are second in importance. Miss Freshman upsets the old idea that the influence of an instructor's charming personality has a lot



to do with student character. She drops them down to third place in influence upon her.

Since she has been away at college, Miss Freshman feels much closer to her parents. Homesickness had nothing to do with this, you understand. Oh no, of course not. Her attendance at church is a joy to the pastor. She does not often miss.

Just a Few Years Make

Miss Freshman loves a chummy chat off in some corner with her dearest friend. Her girl friend is her closest confidante. Next comes mother, but then you know how it is when you are far from home.

A feeling of her own lack of social grace worries her some. She sometimes feels ill at ease when talking with young men.

That isn't her greatest worry, though. It's studying, plain, homely, old, everyday studying that bothers her more than anything else.

You wouldn't think much of a home economics course that didn't make you itch to improve something at home. Most of all, Miss Freshman would like to see the family group having more good times together. Then, too, she would like to rearrange her home and buy new furniture and improve such things as the family table manners.

MARRIAGE or a career? What magazines haven't discussed this question? Miss Freshman will compromise, if you please. She would like to have a marriage and career together. If you insist on a choice between the two, she'll take marriage.

That is Miss Freshman, 1933 model, but what will she be like in 1937, when she has become Miss Senior? This is the kind of person that Miss Lynn found the senior of Iowa State College to be:

In the first place, Miss Used-to-be-a-Freshman still has a philosophy of life. Not only that, but more of her classmates have acquired philosophies since their freshman days.

She has overcome that desire to be just like everybody else. She now feels that college has increased her desire for individuality.

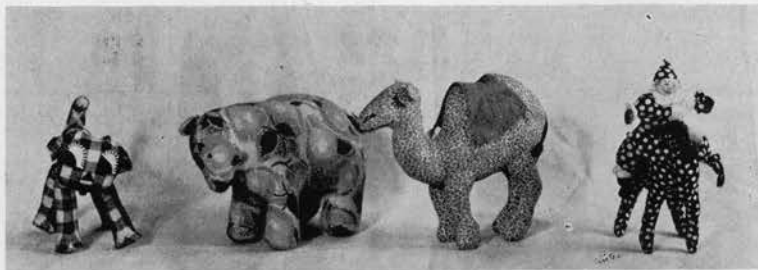
Miss Senior sees the value of forming friendships with her instructors. She would do it more if she had time and if teachers were a little more encouraging.

Friends still influence her more than

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Start Sewing for Christmas . . .

By Elizabeth Foster



You Can Begin on These

EVERY girl who makes her wardrobe or a part of it wants to learn the secret of achieving a smart, tailored appearance. Her success depends upon the finishing details, for each season these become increasingly important. The only way for the home dressmaker to secure style in her garments is through the use of sewing-machine attachments.

Through the demonstration of a Singer Sewing Machine representative in the sophomore textiles and clothing classes, students learn that it is just as easy to make hems, plaits, ruffles and bindings as to sew simple seams, for the attachments do the actual work.

Although the new styles appear difficult, even a beginner can create a dress which has worlds of chic. A gathering-foot quickly shirrs row after row of gathers for the top of a sleeve, a new neckline or a dainty ruffle. Cording is the very latest type of trim or finish. It is used in every material to pad shoulder rolls, to make sleeves stand up and ruffles stick out. These clever details, besides many more, the cording-foot readily accomplishes.

Another of the newest devices comes in the form of an edge-stitcher. For tiny, crisp finishes on ruffles or bows this simple aid saves effort and produces such an attractive result that your friends will query, "How did you do it?"

FOUR more commonly-known attachments are the binder, hemmer, tucker and ruffler. For finishing the edges of dainty undergarments scallops, for making collar and cuff sets, plackets, or even buttonholes, the binder proves very convenient. Furthermore, it fulfills the two-fold purpose of applying lace or rick-rack braid at the same time that it binds.

There are two hemmers—the foot and the adjustable types. With the first, French or flat fell seams can be run up and tiny hems completed at a great time-saving, while lace may be applied in the same operation as hemming. The adjustable hemmer stitches wider hems and performs the valuable service of prepar-

ing hems on table linen for hand sewing. Tiny seams or hems with lace attached at the same time are just the thing for fine lingerie and dainty dresses.

For finishing the finer materials like organdy or batiste, tucking comes to the front as a natural trimming. You can make the tucks just as narrow or wide as you wish. Use them on blouses, frocks, tea aprons, underwear, babies' clothes and pillows to achieve the effect of expert workmanship.

Ruffling has been and doubtless always

will be a popular method of decorating clothing. Plain gathers or plaiting may be made alone or, usually to save time and achieve a well-tailored effect, the ruffle may be made and sewn to the garment in one operation. A facing also may be added during the ruffling. So you can put as many ruffles on your "undies" as you want without spending hours doing it. Puffed ribbon and rosettes of plaited material are easily and quickly finished, too.

MANY of you are probably planning Christmas gifts fashioned by yourself. And a gift made by the giver is appreciated more than a purchased one. Why not give filmy undergarments luxuriously trimmed with tucking, ruffling or binding? Dainty tea aprons or practical kitchen aprons will delight someone older. Perhaps you might like a cunning pair of rompers trimmed with binding or a soft little bonnet for a very young acquaintance. And your desire for creative art can display itself with boudoir pillows, fancy lamp shades and other articles for home decoration.

For gifts or for one's own clothes sewing-machine attachments are so easy to operate and save so much time that any girl can use them with the assurance of a successful result.

The Art of Packing Lunches . . .

By Rosemae Johnson

LONG gone is the day when cooks trusted their palates for the proper proportions of crackers and cheese or potatoes and meat, to give the needed fats, starches and proteins. There is no newspaper now without its scrap of dietary wisdom. And if the homemaker at times forgets which vitamin is yielded by what fruit, her latest canner's pamphlet or her cooking file will set her right.

It isn't fundamentals, then, that trouble her who packs the lunch; it is the supplementary touches, the applications of fine art. For a meal is a composition of pattern and design, a piece of craftsmanship which soon or late is required of all who tread linoleum.

If this seems to you unfortunate or immaterial, you need not let it go at that. For if you will deny originality, you have at least the ingenuity of rule. What rules? When preparing meals that travel, you have need of only three.

First, put in something filling; next tuck in something fresh; and for the indispensable third ingredient use something which will tempt.

For the safety of the first of our three requirements we are looking more and more to equipment. The well furnished lunch kit never lacks its thermos bottle,

by aid of which most things are possible and with which erstwhile luxuries have become accustomed treats. Besides, for all but very young children, a small pen-knife is safe and useful. With these and the paper requisites—cups, plates, waxed sheets, napkins and spoons, the kit is ready for service.

NOW to fill it! The something hearty, we have said, will usually journey in the insulated flask. Frequently it takes the form of soup, but creamed dried beef, creole spaghetti and baked beans are all within its scope. As often as not last evening's toothsome leftovers exactly fill the space.

But if you have no thermos? Your culinary reputation still is safe. The sandwich you have always with you; and the sandwich never is despised. As fillings, ham, corned beef and cheese have earned their fame and leftover breaded loin is choice. And if the children go to country schools or make long country hikes, they'll star your crown for this innovation. Scrub your smoothest potatoes, rub their skins with butter, pack them, and an hour before 12 o'clock let the children lay them, a la gypsy, in the coals or

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Children Need Toys . . .

By Gladys M. Johnson



What shall I give tiny John who is three, and June, who is seven?

Now that Christmas is fast approaching and our minds are filled with "what shall I give," a toy naturally suggests itself as the most welcome for children. Up to the age of 10 children are more interested in playing than in anything else.

The average person thinks of a toy as something which gives pleasure only, a mere pastime. But beyond the price he wishes to pay and the impression his gift will produce, the benevolent adult usually sees little to be considered in making his purchase.

Thoughtless selection in the days of few and simple toys may have done little harm; but today when the market is flooded with toys of every kind, when the 10-cent store, department store and confectioner offer an ever new variety of cheap novelties and toys, we are likely to do more harm than good if we buy things without consideration.

Toys and play materials are a necessary part of a child's environment. Good toys are those which help a child succeed in the undertakings of his play life. Toys need not be expensive. They may be very crude and simple. If they are wisely chosen, they will meet the needs of his growing body and challenge his growing intelligence.

HERE are some standards which may help to guide you in the selection of Christmas toys:

1. Toys and play equipment should be durable, of the type that will stand hard wear. This includes possibilities for repairing and repainting. When a child outgrows such equipment, it can be passed on to others.

2. Washable toys and equipment are preferable.

3. The simple or crude material often offers the child more opportunity for creative effort than the elaborate, more complex or expensive toys.

4. Safety is another factor to be considered. Poor paint, sharp edges and sharp corners should be avoided.

5. Materials should have a "do with" quality. Many toys that appeal to grown-ups are not challenging to children. Material should not be limited to one use. It should hold its appeal for a long time and lend itself to progressive and independent use. For example, a truck or wagon first interests a child of this age as something to pull and handle. He learns to manipulate it with real success. He adds a block to the truck and

he becomes an ice man delivering ice at your door with all the initiative and dramatic activity of a real situation.

6. Choose toys providing different types of activity. A child needs some toys to promote vigorous, physical activity; others are for sheer manipulation and experimentation as well as for constructive and dramatic activities. Give your child a well-rounded choice of toys to provide a well-rounded development.

In making a toy shopping list, wise parents should have in mind well-rounded play for their children. Toys are needed which will keep children happy and active out-of-doors. These are required for

Housekeeping toys which give opportunity to dramatize and those creative materials such as clay, paint and wood, provide for quieter, concentrated play either indoors or out and are available in great variety.

Every child should have opportunity to experiment with materials of many kinds, but if a child has shown a special interest, he should be given from time to time a supply of stimulating material to carry him further into this interest, which will often develop into a hobby.

A balanced ration of playthings will include outdoor toys; toys that provide for special activity which can be carried on in a limited space; and dramatic toys with which they can imitate grown-ups, such as sets of dishes and small kitchen utensils. And we should not forget creative materials, like crayons, clay, sew-



Some Suggestions for Santa

the child's proper physical development, and it is an interesting problem to select those which will supply various kinds of needed activity.

For the inevitable rainy day or prolonged indoor play the child needs equipment which allows release of physical energy. Building blocks are the most generally adaptable of such toys. Tools of various kinds which might be listed under creative material are fine for active indoor toys.

ing outfits, weaving looms and the intriguing puzzle map!

A baby's first rattle should be one he can grasp in both hands and pass from hand to hand without dropping.

Do not buy a doll too large for the child to handle comfortably. Be sure to invite the old dolls and teddy bear to Christmas with the new. A child's loyalty is a quality to be cherished.

Blocks of some kind should be
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Home Management in Hotels...

In Far-off New Zealand

NEW ZEALAND coeds have cooperative dormitories, too, but theirs are not much like the cooperative halls at Iowa State College. Twelve girls act as a committee to cook dinner for 65 in Clara Barton Hall here, but just 3 girls cook dinner for 50 in the hostels, or cooperative dorms, at the University of Otago, Dunedin, New Zealand.

The hostels serve as home management houses for home economics students at the University of Otago, according to Miss Winifred Stenhouse, foods instructor there, who visited the Iowa State campus from Oct. 16 to 20. Every home economics student, even girls who live in Dunedin, must stay a month in one of the three hostels. Each girl spends 2 weeks in the kitchen, where she takes charge of ordering food and cooking it, and 2 weeks on dining-room duty. Girls from outside Dunedin stay at the hostels during their entire 4 years in college, for these are the only dormitories at the university.

One girl alone cooks breakfast for the 50 girls in a hostel, and just 2 cook supper. Dinner at noon, the big meal of the day, requires the work of 3 cooks. The other girls in the hostel help with the serving and dish-washing.

"The aims and objects of our Home Science Department are the same as those of yours," Miss Stenhouse said. "It is really your Home Economics Division on a small scale."

THE Home Science Department at the University of Otago was founded about 18 years ago by a man who had studied the organization of home economics courses in the United States, according to Miss Stenhouse. It grew from a very small group of students to a department of about 100 girls taught by 17 instructors, she said. It offers a 3-year, a 4-year and a 6-year course and awards a bachelor's and a master's degree. It has a small extension staff of women, who go out into the New Zealand provinces to give home economics information.

"It is not possible for us to have the variety of courses that you have, because our school is small," Miss Stenhouse explained. "Beginning applied art courses are offered, but knowledge of art principles is included in the house planning, interior decoration and costume design courses. Chemistry, beginning foods courses and a nutrition course are a part of the regular curriculum."

"Most of our home economics graduates have found positions as teachers in the past," said Miss Stenhouse, "but now these positions are filled and our recent graduates are looking for work."

Some of them have home-cook shops, she said, and some are managers of lunch-rooms or university "canteens."

Until recently no major was chosen for undergraduate work, but every student took the general comprehensive home science course, Miss Stenhouse explained. For a master's degree a student was required to major in social economics, nutrition and advanced chemistry, or physiological chemistry. But now undergraduates take a general course the first year, just as home economics students do here, and then follow a chosen major field until graduation.

BECAUSE the dean of home economics at the University of Otago is an American, the department is very American, Miss Stenhouse said. Most of the students are Scotch, English or Irish girls, who live in all parts of New Zealand. The University of Otago has the only college of home economics in all New Zealand.

Though English and Scotch customs prevail in New Zealand, the climate makes it impossible for the people to celebrate holidays in the old home ways, Miss Stenhouse said.

"So many people are on vacations at Christmas time that it is hard to get whole families together for reunions," she explained.

You see, Christmas comes in the summer-time down in New Zealand. College begins in March and lasts through October in New Zealand, according to Miss Stenhouse. There is no summer school from October to March, because there never has been a demand for it. But there are lecturers who give courses outside the colleges during vacations, she explained.

Miss Stenhouse came to the United States to study our college and hospital dietetics courses. As yet there are no hospital dietitians in New Zealand, she said, and girls must go out of the country to take hospital dietetics.

"We have been called very English," she said, "and the English are conservative. We just have to overcome that."

Miss Stenhouse is of Scotch extraction, was born in New Zealand and has always lived there.

It's Easy to Be Healthy . . .

By Betty Melcher

IOWA STATE coeds are 'corn-fed'!"

Such was the statement made by Dr. Sarah B. Kalar, medical advisor to women at Iowa State College, when she finished the physical examination of 222 new women students last week. The girls examined included freshmen, transfer and new graduate students, and according to Dr. Kalar, they are, for the most part, good, healthy girls.

Of the 222 examined, 81 were overweight, 120 were underweight, and 14 were normal. Twenty percent, or 42 of the total number, reacted to the tuberculosis test. This does not necessarily mean that 42 new students have active tuberculosis. It signifies that they have had the germ at some time during childhood and may be free from any activity at present. X-rays of positive reactors to tuberculosis have not revealed any active cases.

All of the freshman girls have not had their physical examinations, but from present records, the percentage is not materially different from that of last year.

The percentage of tuberculosis reactors on the Iowa State campus is low in comparison with other schools. Most colleges' physical reports show somewhere between 33 and 34 percent of reactors.

The reason Iowa State coeds are healthier may be due to the fact that a

large proportion of them come from rural districts or small towns where the environment is healthier than in cities. If a girl comes from a rural community, she is used to more sleep, more wholesome food, and a more quiet routine of living than the city offers.

THIS year the new students are running a higher blood count than in previous years. This means less anemic freshmen!

"Girls are living outdoors more than they ever have before," Dr. Kalar states. "High schools are teaching physical education more effectively. During the summer the girls go swimming. In so doing, they absorb the valuable ultra violet rays of the sun."

Perhaps the most prevalent defect among the girls examined was in their posture. But through the cooperation of the Physical Education Department, this defect won't remain a defect long! Corrective physical education soon cures that!

Some girls assume bad postures to be stylish, in Dr. Kalar's viewpoint. They slouch. If they are slaves to certain fashion magazines, they are apt to try to imitate the models. As a result, they bear an uncanny resemblance to a partially collapsed rubber doll. Bad posture

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Choosing Christmas Clothes . . .

By Sally the Style Scout

CHRISTMAS vacation; mid-winter week-ends; jolly winter sports; these and other exciting things are looming on the horizon and capturing our interest. And can you possibly think of any one of these, without immediately wondering what to wear?

Let's consider vacation, now so rapidly approaching. Are you going home? Of course, not a trifle of an indication must be apparent that you've just gone through a gruelling series of final exams and feel that you've flunked every one of them.

So what? The answer is a costume that makes one appear the sleek, well-dressed coed without a serious thought to wrinkle her perfect complexion. Fur-trimmed dress suits are grand to start building an ensemble. Patou and Maggy Rouff feature velvet suits with fur pel-lums and collars on basque jackets. A glamorous addition to such a suit would be a waistcoat or vest blouse in satin, brocade, lamé or velvet. Loose-jacketed woolen suits, fur-trimmed, are shown by Lanvin and Molyneux. Ruffled linen shirt-waists are a puritan accent to velvet suits, such as Worth shows in his collection. Schiaparelli features cambrie shirt-waists with standing ruffled collars with her wool suits.

TWEED ensembles featuring swagger coats with detachable fur collars of raccoon, badger and beaver combine practicality with smartness. Black and gray (the darker the better) are favored for dress, while brown heads the list for sports.

Hats are still the negligible nothings that are so important, but I'm bemoaning the fact that Dame Fashion has "done us wrong" by proclaiming that no longer shall we hide our foreheads. Now we must reveal them and push our hats back! I think this is the poke bonnet influence, that came in with the trend toward Victorian styles. In fact, some of the new chapeaux are modern versions of grandmother's "gray bonnet with the blue ribbon on it."

Gloves are still confining interest pretty much to the cuffs, which are often embroidered, cut-out, or otherwise decorated, and which are gracefully over the end of the sleeve.

Footwear is high cut (the same influence that is felt in necklines) and of glove fit. To be smart the foot must look as if it were poured into a mold. Side lacings and inserts of elastic are common methods of adjustment, to aid in achieving that smooth effect. Contrast, either in color or leather, is in favor. Perforations in designs, rather than all

over, are the newest use of this method of trimming.

Now let's see . . . Oh, yes, you've arrived home, tastefully garbed in the correct thing for traveling, and the old gang is together once more, making vague and incoherent plans for the all-too-few days to be spent together.

There surely will be some dances, and maybe some luncheons and teas. The after-five frock is apt to be the answer to a maiden's prayer in case of a dance or tea. (That just happens to be a newer name for the type of dress that was formerly called the Sunday night frock.) A very good-looking dress of black velvet, ankle length, with long sleeves, is trimmed with braided fabric that outlines the U-shaped back and borders the hem and the sleeve capelets.



Furred Suits Are Good

Watch the importance of tunic frocks. Metal cloth, brocade or any of the rich, important looking fabrics fashion the blouse. A plain dark skirt gives contrast. No longer is the shoulder line spoken of as broad by those who know, but as "curved" or "rounded." The flowing, smooth line is to be striven for, rather than the abrupt, sharp line.

Daytime dresses are divided between allegiance to sheer wool and novelty silk. Some of the new fabrics are "new-jersey," a heavy jersey; "trebark," a rayon in heavily woven ridges; "picatelle," a rayon in an elastic weave with a puckered stripe design; and "black-sheep," a new Scotch wool tweed. Novelty mixed woolens, either smooth or hair-napped types, are prominent. "Panne sauvage" is a rich velvet, and "Armada" is the name given to taffetas and velvets with a quilted effect produced by putting the material on a crinoline base. Black, dark browns, tawny browns, rich, dark reds, dark greens, blue and blackberry stain are the most popular colors seen.

PATOU is the originator of "blackberry stain," an interesting blue-black, exactly the shade of crushed wild blackberries. Other interesting color terms are Persian red, peony red, amethyst, mandarin orange and bluestone. Odd combinations include olive green with brown, orange with eel gray, brown with turquoise and eel gray with shell pink.

The silhouette is still the molded sheath, with the plain, tight-fitting, straight skirt and the slender waist topped by wide shoulders. Fullness is given by inverted pleats, godets and flounces. The effect of squareness and height on shoulders is preserved by epaulets, caped effects and stiffened trimming. There is a strong tendency toward back interest; necklines are high in front with a slight V at the back. A severely plain oxford gray wool dress fastens two-thirds of the way down the back with metal clips and is worn with a Persian lamb scarf. A light gray woolen tunic frock concentrates interest in the back by a long row of buttons.

It would be ever so easy to write about nothing but the luxurious, glamorous evening clothes now in vogue, so I save it until the last, thereby insuring the presence of the rest. Evening jewelry is glittery! Flexible bracelets, shower earrings, brooches replacing clips and hair ornaments all share in popularity. Rhinestone sand pearls lead the jewel list.

Waistlines are unmarked in many of the dresses, and necklines vary considerably. The most often seen is the high draped line in front, with the extreme décolletage. Patou favors this, and fills in the very low back with an arrangement of wide straps. The shoulder line is

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It's Time for Stew . . .

By Edith Fezler

THESE are the days when we should take our stews seriously. It is economy to include in our menus those cuts of meat which are inexpensive, especially when they are so tempting to a cold weather appetite.

A stew tastes like winter, whether it be served with a crust as pie in December or as plain stew in February. Don't leave out the less expensive cuts of meat this year because the family's fervor for steaks and chops has been succeeded by a hankering for turkey and goose.

It is not suggested that a large proportion of the 1,095 meals required by man in a year be centered around stew. The cook be praised who has enough ingenuity to prevent any one dish from appearing too frequently on the dinner table! But knowing that even a time-honored favorite may be overlooked, I am offering the following dinner menu and suggestions.

Practically any kind of meat can be used to make stew. The less expensive cuts such as flank, brisket, fore shank and neck, because they are rich in flavor, are particularly adapted for stew. Stew meat is preferably fairly lean with some fat and very little if any bone.

THE popular stew is prepared by cooking in a covered utensil in a moderate amount of water. You may cook stew as you will, but remember it is stew and not soup.

The exclamations when you serve the dish will show your success. If when you serve your dish you are greeted with cries of "Ah, stew!" you will know you have succeeded in pleasing your severest critics. If, on the other hand, the dish is only eaten, you will know what that means. You never quite know just what a thrill you've been missing until you feast your family royally without fear of having spent the money for tomorrow's lunch. Nobody will dream that such a satisfying dish as stew is thrifty.

It would seem that many women are under the impression that only vegetables are suitable for serving with stew. Have it your own way, but take it from me that every stew, except that which definitely limits itself by nationality and name, deserves dressing-up with dumplings, baking powder biscuits or noodles.

If you are satisfied with the stew you are now serving, splendid! Keep on serving it. However, if you are dissatisfied, I can recommend, among others, one made with lamb and any vegetables you like, one that has the approval of women who must keep families healthy and happy and still not serve steaks and chops only.

Many years of experimentation by

tasting and combining have been expended to improve this well-known collection of vegetables with meat, and commendable results are now at your command. The chef in your home (maybe

Did You Know That?

Honey which has crystallized may be made clear by setting the jar in a pan of warm water.

The water in which rice has been cooked is useful for rinsing fine cottons which need only a slight starching.

A piece of rubber hose placed over the nozzle of the kitchen sink faucet prevents chipping of china.

Gelatin may help make left-over foods into appetizing dishes.

When crumbing dry bread in the meat grinder, a paper bag on the end of the grinder catches the crumbs and prevents them from being scattered.

Excellent towels for wiping dishes are the small, cheap Turkish towels. They absorb moisture and leave no lint.

Kitchen lights should be placed so that the worker's shadow will not fall on her work at the table, stove or sink.

Bright-colored oilcloth is useful to cover kitchen chair cushions, cookbooks and shelves and for window curtains and the work table.

Next to cod-liver oil and other fish oils, egg yolk is said to be the best source of vitamin D, the sunshine substitute.

Straining sour milk for cottage cheese requires only one pair of hands if the edges of the cloth are fastened to the sides of the kettle with clothespins. Embroidery hoops sometimes save scalding hands by holding a jelly bag open at the right stage in jelly making.

The most useful table lamp has a shade large enough to allow a wide distribution of the light.

Both alcohol and turpentine are used to remove paint and varnish stains. They should be rubbed on and off quickly.

A clean whisk broom makes a good clothes sprinkler because it gives a fine spray, sprinkles evenly, and is quicker than hand sprinkling.

that is you) might give this recipe for lamb stew a practical test. Let me add that the dish would grace any dining-table.

It is always fun to have someone else work; so have the lamb cut in 2-inch cubes. The next step is to season with salt and pepper and dredge with flour. Heat about 2 tablespoons of fat and brown the meat well on all sides in this. Then cover the meat with water or soup stock and let it simmer in a covered kettle until it is tender. "And what is that for?" you will ask, just as I did. Remembering that tough cuts of meat require long, slow cooking, we find that it is particularly necessary in preparing stew.

Now you may add the vegetables you like best, but whatever ones you use, prepare and cook them so that you can tell a carrot is a carrot or that a potato is not a turnip. That, I think, is most important in serving stew attractively. Instead of dicing the celery, cut it in 3-inch lengths. I think carrots are more attractive when cut lengthwise. Small onions are preferably used whole.

IN YOUR anxiety to get the dinner on the table do not forget that an attractive service of food is highly important. It is generally recognized that the emotions of the person eating the food are a very powerful factor in the proper utilization of foods; that disgust or dislike while eating may render ineffective the efforts expended in selection and preparation of foods for body needs, just as surely as a cake of soap in the stew changes the flavor.

For serving use a large platter, so that each kind of vegetable may be placed by itself. A head of cauliflower boiled whole is especially nice looking in the center of the platter. To insure the best results place the pieces of meat, the celery, carrots and onions in separate places around the cauliflower. Each part of the stew should have retained its identity. The gravy may be thickened and served in a separate dish.

The story of this particular stew is ended. To complete the dinner, however, a plain head lettuce or cucumber salad is the right kind of salad for a dinner of this type.

For sheer delight in goodness of flavor you can finish the dinner with Butterscotch Cream. After all, we never outgrow our childish hankering for sweet good things. This is the way to make it: Boil together 1 cup of brown sugar, 1 tablespoon butter and ½ cup of boiling water. Mix together 1 egg, 2 tablespoons of flour or cornstarch and 1 cup cream. Combine the cold ingredients and the hot and cook until smooth and thick. For people who like pie, the cream can be put in a baked pie-shell and served as butterscotch pie. The usual way is to serve it in sherbet glasses with whipped cream. I'll warn you that the flavor is a teaser and you'd better count on starting that diet tomorrow instead of today if you choose this dessert.

If You Can Can

By Hazel Moore

You May Be a Winner

DO YOU home economists know that last month a canning champion of the world was acclaimed at the Century of Progress Exposition in Chicago? Who besides you could "put up" a jar of fruit, vegetables or meat of such perfect sealing, coloring and arrangement that she be given such fame? Let me tell you about the contest which each year ferrets out the woman or girl canner worthy of this name, and perhaps you will try your hand next year.

Each year in Chicago is held the International Canning Contest. And it is truly an international affair. Besides entries from every state in the union, jars come from South Africa containing black radishes; from England come goose berries so large that at first glance they appear to be onions; from the Hawaiian Islands comes a new combination of bananas and peanuts (confidentially, it didn't look appetizing to me); from Cuba and Porto Rico sparkling glasses of pineapple, guava and other tropical fruit jellies arrive. These are only a few of the entries from all over the world. A consul's wife, a missionary, American women far from home and natives hear of this unusual contest and are eager to enter.

Mrs. Grace Viall Gray, secretary of the contest, was formerly an instructor here in the Division of Home Economics. She assembled her display of 100,000 picked jars from the 1932 contest and the 1933 entries in the Hall of States at the World's Fair. Perhaps some of you saw it. This winter these jars will go to charity organizations for feeding the unemployed, orphans, soldiers and many other needy and deserving folk.

First of all, for your time and effort in canning for the contest you may win one or several of the many money or merchandise prizes offered by the various business sponsors. The Grand Champion wins one hundred dollars, a free trip to

Chicago and many miscellaneous prizes. She is entertained while in Chicago at numerous dinners and luncheons. She speaks over the NBC radio system, usually during the Farm and Home Hour. Her picture is printed in various magazines, she is given a complete wardrobe by one of the clothing houses of Chi-

ferent classes that probably you will have several jars that you'd like to see win, so that increases your chances.

This year there were 175,000 free jars shipped out, and at the judging there were 100,000 entries. Just try to imagine 100,000 glass jars of canned foods in one huge room. These are good canned products, too, and each one represents the best canning efforts of homemakers all over the world. To pick the best of the best is some job, and judging time is an exciting one. Our celebrated home economics people from all over the United States come from their work for this occasion.

Dr. Louise Stanley, Chief of the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C., was one of this year's judges. Other judges were: Mr. George Farrell, in charge of the central states, and Mrs. Fanny W. Yeatman, junior specialist in foods,

Foods and Nutrition Division, U. S. Department of Agriculture, Washington, D. C.; Miss Frances Zuill, president of the National Home Economics Association, University of Iowa, Iowa City; and Mrs. Florence Busse Smith, former head of the Foods and Nutrition Department here.

Carlotta Wiser of Mainpuri, India, was the 1933 foreign judge. She has some beautiful Indian dresses which she wears, and this lent a cosmopolitan touch to the judging.

It is interesting to note that the decision of the 25 judges was unanimous in favor of the balanced meal entered by Gertrude Klingberg, who is the Grand Champion Canner of 1933. Mrs. Klingberg is a very attractive farm woman from Beloit, Wis., and her six jars consisted of cranberry juice for cocktail, breast of chicken, baby carrots, green beans, pickled pears and red raspberries. For several years she has entered the con-

(Continued on page 14)



Some of the 100,000 Home-canned Jars

cago, and generally she is feted and shown the time of her life. Truly there is nothing more thrilling and exciting than being the winner of this contest.

If you are not the big winner, you may receive any other of the 3,000 prizes totaling \$10,000 or some of the merchandise prizes, such as a leather overnight bag filled with a dozen different kinds of sugar, expensive flavorings made by an eastern firm, and kitchen knife sets, gleaming and sharp. Or how hard would it be to take a Sunbeam Toaster or a 5-pound can of Cocomalt? Each prize is something you'd be glad to get. All you need is an attractive jar of some product canned when the supply is best.

And this is how it is done. Send your name to Grace Viall Gray in Chicago, and she will enter your name in the contest, send you a free empty jar, and keep you posted on news of the contest. Then, after your canning season is over, you review the results and send the most perfect jar to her. There are so many dif-

Alumnae Echoes . . .

. . . news bits from the front lines

Edited by Hazel Moore and Rosemae Johnson

ECHOES this month are from far and near, proving I. S. C. girls to be active in all lines of home economics.

* * *

Berenice Mallory, M. S. '30, is supervising student teachers at the University of Texas half time and acting as coordinator of home economics in the Austin, Tex., schools half time.

* * *

Mrs. Addie Lee Ross, M. S. '32, is a member of the faculty of the Division of Home Economics, Prairie View State College, Prairie View, Tex. She writes that she has charge of student teachers in home economics and teaches a section of the freshman course in art related to the home.

* * *

Pearl Sims, '18, is home demonstration agent in Cherokee County, with headquarters at Cherokee.

* * *

Ruth Wagner, '31, is assistant teacher in the Pre-school Laboratories of the Child Welfare Research Station at the University of Iowa.



Ruth Wagner

Alice Hansell, M. S. '32, is teaching home economics in the Perry, Iowa, high school.

* * *

Alice M. Ford, '32, conducts a column, "The Modern Cook," in the Estherville Vindicator-Republica. She is also reporter and office girl for the paper.

* * *

Medora Grandprey, B. S. '24, M. S. '29, has been appointed nutrition assistant for the nursery school in the Institute of Child Welfare at the University of Minnesota. She will devote part of her time to graduate study.

* * *

Mary Klepinger, M. S. '31, who has been resident advisor in the home management house at Indiana State Teachers' College, Terre Haute, Ind., has accepted the position of critic teacher in Bowling Green College, Bowling Green, Ohio.

* * *

Elizabeth Borgman, '32, is employed in a government sanatorium at Dulce, N. M.

* * *

Mary I. Wilson, '26, has recently announced her marriage on May 27, 1933, to Allen Gene Sirles at Newport, Ky.

Mr. and Mrs. Sirles are living at 760 Graniwood avenue, Cincinnati, Ohio.

* * *

Velma Baumhofner is working in the model kitchen at Killian's Store, Cedar Rapids, Iowa. She formerly worked in the rug department there.

* * *

Ida Rose Christianson, '31, who completed dietetics interne training at the Michael Reese Hospital, Chicago, is employed in the Deaconess Hospital, Boston, Mass.

* * *

Oona Stautz, '28, began work as a home management specialist in Montana Sept. 1.

* * *

Sylvia Pederson Connolly, '28, is working for the M. A. Gedney Company, manufacturers of pickles, dressing, spreads, etc., in Minneapolis. She is doing educational, sales and demonstration work. In addition, she has conducted several canning demonstrations in the evenings for the Kerr Glass Jar Company. Mrs. Connolly writes, "We are all on the N. R. A. and it certainly has helped employment here."

* * *

Caroline Kendall, '30, is dietitian in the Children's Hospital, State University of Iowa.

* * *

Gwendolyn Watts, formerly home demonstration agent at Faribault, Minn., has accepted a district position in extension work with Montana State College of Agriculture with headquarters at Glendive, Mont.

* * *

Helen M. Hunt, M. S. '26, has been chosen to fill the position of teacher of foods and nutrition at Union University, Jackson, Tenn.

* * *

Carrie Hodges, M. S. '28, is teaching in the Foods Department of the Texas Technological College, Lubbock, Tex.

* * *

Opal Lynn, M. S. '33, has accepted a position in the high school at Wadsworth, Ohio.

* * *

Louella Shouer, '30, is employed in the testing kitchen of the Atlantic and Pacific Company at the Century of Progress Exposition, Chicago. Assisting her are Roberta Thompson, '32, and Marion McMahon, '33.

Iva Mullen, M. S. '28, is teaching foods in the Kansas State Normal College, Emporia, Kan., and supervising practice teachers in the junior high school.

* * *

Mrs. Lucille Draper Ahern is hostess at the Bishop Cafeteria, Des Moines.

* * *

Merian B. Johnson, B. S. '25, M. S. '32, who has taught home economics in the Albert Lea high school since 1928, is teaching in the Marion Junior College, Marion, Va., this year.

* * *

Emily Conklin, '31, who has been employed in the Home Service Department of the Milwaukee Gas Light Company since graduation, began work in September with the National Live Stock and Meat Board in Chicago.

* * *

Vera Mattocks is teaching home economics in the Erie, Pa., high school this year.

* * *

Hazel Hamilton began nurses' training at Johns Hopkins Hospital, Baltimore, Md., in September.

* * *

Maxine Cook, is teaching home economics and conducting the school cafeteria in a Chicago suburb.

* * *

Ruth Ellen Lovrien, '33, is now a reporter on the Cherokee Daily Times. Ruth was editor of the Iowa Homemaker last year.



Maxine Cook

convocation Thursday morning, Oct. 26.

* * *

Josephine Mishler, '33, who received her degree in institution management, is employed at the University of Chicago in the International House, which is a large new building on that campus for housing foreign students and has facilities for serving meals to a large number of people.

* * *

Ruth Wilson, '29, and **Marjorie Brisbane**, '33, are also working at the International House in Chicago.

* * *

Clair Hoge, '33, is a dietetics interne at Riley Hospital, Indianapolis, not at Wesley Memorial Hospital as stated in the November issue.

* * *

Naida Groves, '33, is taking her dietetics internship at Wesley Memorial Hospital, Chicago.

Hang up cords to electric appliances when not in use and avoid knots and sharp bends which may break the fine wires.

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A Magazine for Homemakers from a Homemakers' School

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NO. 5

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room dignity and reserve. Be yourself, for your instructors want to know you as you really are.

Some will say, "But they'll think all this is apple-polishing, hand-shaking." It is not! Friendliness becomes apple-polishing only when the student makes it so by spreading on a thick layer of superficiality and a coating of saccharine "yeses." Faculty people will have no difficulty in recognizing genuineness in students.

Are We One-sided?

IOWA STATE COLLEGE gives thorough training in five technical fields.

Many think, because Iowa State stresses scholarship and thrusts "Science With Practice" upon students in every course, that it must fall short in some of the other essentials of college life. They say that many Iowa State graduates are socially uncultured and know little of music, art and literature.

To a certain extent, perhaps, these accusations are true. But is the college or the student at fault?

Iowa State students have the same chance to learn good manners and social graces as have students in other colleges. In the dormitories, sorority and fraternity houses students are taught and expected to cultivate the essentials of politeness. Bad manners are immediately noticed and criticised.

Teas, dances and dinners in these same college homes help the student to gain poise, to be at ease with older people as well as those of his own age.

Iowa State students have the opportunity to hear good music, for each year distinguished musicians give concerts on the campus. The administration makes a definite attempt to make college men and women art conscious by placing copies of the best sculpture and paintings in college buildings. Students may learn to appreciate art and music through art and music appreciation courses.

It seems that Iowa State students may become cultured if they wish, for there is no lack of opportunity.

Of course, it is quite possible that an ill-mannered person may graduate from Iowa State College. But can he or his associates blame the college? No. He passed up his opportunities to acquire social poise and culture. He was, no doubt, one of the people who laughed at rules of etiquette and avoided sitting at the guest table.

Not every student gains knowledge of art, music and literature. But he has himself to blame if he doesn't. He may gain it if he will take the time. Very few students spend all of their evenings studying on technical courses, and most of them have time to go to movies and dances. Most of them could profitably devote an occasional evening to reading good literature or attending a good concert or play. All could learn to appreciate art by taking time to look at the paintings and sculpture at the Union and the library.

Becoming cultured is a matter of taking advantage of our opportunities. It involves giving some time and energy to the aesthetic—that part of college which is not required.

Friendliness, Not "Hand-shaking"

OUTSIDE-THE-CLASSROOM barriers between faculty and students, long a favorite subject for editorial writers, begin to show some signs of yielding to the pressure against them.

There are faculty members who know students only as those individuals who sit in front rows, or who write very good—or very bad!—blue books. There are students who think the faculty live on another plane, only a shade less distant than Mars. Is it any wonder that Iowa State has instructors, professors, doctors who are as lonely as the most homesick freshman?

But Iowa State is beginning to pass from the realization of the possibility of a different relationship to the actuality. Each Thursday the "Y" Student-Faculty Coffee Hour brings teachers and undergraduates together over the friendly coffee cup. Faculty people are getting the Sunday afternoon tea habit; some serve every Sunday afternoon. And the informality of these occasions makes acquaintance easy. Others ask students in for "after the game;" a few announce "at home" hours. Several faculty members are bridging the student-faculty gap by getting acquainted across the luncheon, dinner, or even Sunday breakfast table, again very informally.

These are some of the steps that already have been taken by the faculty. But what can students do—and still keep out of the apple-polishing territory?

Friendliness and cordiality are old rules that have been emphasized again and again. But here's something new. Be enthusiastic when accepting invitations from faculty. When you go, forget the class-

Not Just Plain Bread . . .

By Olive Jenson

HAVE you been worrying about winter menus?

If you have, here's good news. You may make your menus varied, yet economical and substantial, by including winter breads. Yes, bread, that old standby, again resumes its importance. Winter breads can be served in so many alluring ways that there is no excuse for always having plain, dry bread on the table.

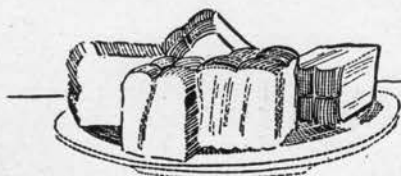
First of all, hunt out your favorite bread recipes. Don't forget the hot



breads like muffins, waffles and rolls, for they're among the best for winter. With these recipes you have a basis for your new creations.

In the stores can be found the first aid. There are countless old and new flours on the market to vary breads and muffins. Last fall cracked wheat was introduced into Iowa homes as a wholesome and economical product. For something unusual try potato flour muffins. You will find them light and somewhat moist. Furthermore, there are whole wheat, graham, rice and bran flours and cornmeal for your convenience.

IF YOU can recall the fancy designs made with the mud-dough of childhood days, perhaps you will find them useful. Things pleasing to the sight are always more palatable. Why not sometime make your rolls like a crescent or a figure 8? Snail-like rolls, horseshoes, French twists and clover leaves are only a few of the designs that can be made. A little sugar coating or some powdered sugar icing add a sweet tinge to the rolls besides dressing them up.



There are so many variations that can be prepared from the basic recipes that winter breads can always be different. Try adding jelly or jam to your muffins some noon for a delightful luncheon surprise. For breakfast, chipped bacon and drippings substituted for the fat are delicious. Children especially will enjoy peanut butter muffins. In them

substitute fresh peanut butter for the fat.

Baking powder biscuits can be disguised, too. For some luncheon, why not try adding grated cheese when cutting in the fat? Cheese biscuits are extremely tasty with a fruit salad.

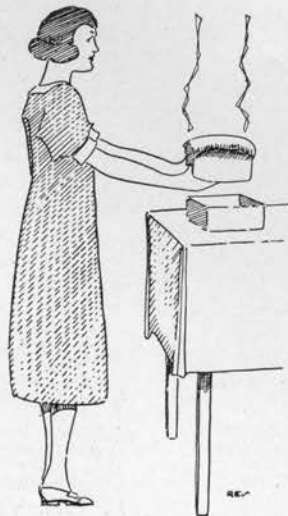
Another suggestion is to roll biscuit dough out as for cinnamon rolls and add sugar and cinnamon for baking powder cinnamon rolls! Or make surprise biscuits. Cut your dough into squares. On one-half the square spread jam, fruit or a sweet mixture and fold the other side over to form a triangle.

Yeast breads can be varied, too, by a simple change in the proportion of ingredients. In this way you can make the rich butterhorn roll or the modest parker-house.

Raisins, currants and nuts are frequently mixed with the dough. Have you tasted those tempting prune rolls? They are easily made by pressing the dough down firmly in the center of the roll and

filling the space with prune pulp. Apricot pulp can be nicely substituted for the prune. Lemon, orange, date and fig fillings can be used, too.

These are only a few suggestions for gaining variety in breadmaking. Let



them help make your winter meals attractive.

Miss 4-H Goes to College . . .

By Edith Blood

A COLLEGE girl lives a busy life, if she attends a progressive college and is a wide-awake person. Sometimes she becomes so busy with her parties, her chemistry—and her boy friends!—that she almost forgets some of the things that meant much to her when she was at home.

Perhaps the most real thing in a farm girl's life before she comes to college is her 4-H Club work. Because Iowa State students don't want to forget the organization which is giving so many opportunities to rural girls, they have organized a Campus 4-H Girls' Club.

This campus club is not too active an organization, for it does not want to interfere with college activities. Its main object is to connect college and 4-H clubs more closely together. Through it many girls are made to feel at home when they become freshmen at Iowa State.

The club extends hospitality to Farm and Home Week guests and to home demonstration agents when they come to Iowa State for the Extension Conference. And, most important of all, the Campus 4-H Club helps the girls to remember, even during the rush of college life, the needs and possibilities of their home communities. At the end of a college year the girls hope to fit easily and helpfully back into their home activities, taking with them some of the things that Iowa State College has given them.

In order to realize these aims the Campus 4-H Club has one meeting each quarter of the school year. On Friday afternoon, Oct. 27, they entertained the Iowa State College Extension Staff members, heads of the departments in home economics and visiting home demonstration agents at a party in Home Economics Hall. "Let New Friends Be Your Fortune," was the theme of the party, and the program was a short skit, portraying to the guests just what 4-H means to girls on this campus.

IN THE winter the girls will hold a meeting with Farm and Home Week visitors. From two foreign students they will hear of rural organizations in other lands.

In the spring the 4-H girls gather at Memorial Union for their annual May Morning Breakfast. This is a lovely affair which reminds the girls of all the interesting things that are happening at their farm homes—violets creeping out in the back pasture and local 4-H girls studying new music selections.

At this spring meeting the campus club elects new officers. This year Lucille Oak, home economics senior from Louisa County, is president. Perhaps the most outstanding member of the club is Miss Genevieve Fisher, dean of home economics, who became an honorary 4-H Club member several years ago.

This Is Andy Speaking . . .

By Clarine Durr

WHEN a pleasant "This is Andy speaking" comes from the loud-speakers many radio dials cease turning, for Iowa State's WOI has been located.

There are all kinds of hands that stop those dials; there are the hands of business men and women who enjoy WOI before leaving home for work, the slender, tapering hands of the young miss who enjoys the Music Shop Program with her breakfast, and the chapped hands of little brother, who knows where to find Iowa State's 8 o'clock "bell music." But the hands of most interest among those that "tune in" are the hands with bits of flour on them, the hands calloused from pulling weeds and pumping water, the hands that bespeak "homemaker."

Andy, WOI's announcer, has won many friends among homemakers. To them the simple charm of his voice has grown to be a sort of trademark of good programs. When several years ago there was doubt as to whether or not he would continue to broadcast from Ames, numerous weekly papers published spirited protests written by homemakers and business men alike. It was impressive to note the number of radio friends that were Andy's.

WOI continued to keep its announcer, and since then the programs have continued and expanded until now homemakers both in and outside of Iowa are looking to our station for a truly liberal education, both practical and aesthetic. For these women WOI is a magic carpet which picks them up and transports them to far and distant places.

IN THE slow winter months there is nothing quite as pleasant as being awakened by the tone pictures of Andy's Music Shop Program. After the sublime notes of the Pilgrim's Chorus have awakened one completely, just *walking* down the stairs is impossible when the wild, glad notes of Fritz Kreisler's violin tumble out of the radio. The magic carpet has carried the listeners into the exquisite land of tone. There would be an emptiness to WOI's program if this Music Shop Hour were omitted, for not only does it encourage music appreciation among the younger members of the family, but it also inspires the mothers and the fathers to begin the new day happily with the pure love of living.

After the selections and brief explanations of the Music Shop Program, the clear bell-notes of Iowa State's Carillon are sent out over the country. "My heart was with you on the campus when our favorite hymn was chimed the other morning," wrote a mother to her daughter

here at college. Little things like that mean so much to mothers.

The homemaker enjoys hearing how others do the tasks which she herself does. During the Homemaker's Half Hour the flying carpet brings the radio listeners here to Iowa State College's Home Economics school. Contributions are made by the various departments, contributions which are compiled from a wealth of scientific data and which are entirely void of propaganda, since the broadcasts are not "sponsored." The talks are always prepared with the homemaker in mind. For this reason she usually keeps paper and pencil in a convenient place so that she can jot down the timely suggestions given.

SOMETIMES, however, it may be impossible for her to copy all the information which she desires; so mimeographed copies of the talks are sent to all who request them. Teachers or others who ask for complete series of the talks receive them by sending \$1.50 with the request. This series includes all talks presented from Sept. 1 until June 1.

Today a radio station's popularity is gauged by the amount of fan mail it receives. As one WOI listener wrote, "To me this is the highest kind of praise, to be asked for more of what you have already done or given." Judging from the number of requests for Homemakers' Half Hour talks, WOI is extremely popular, for during the last year alone over 130,000 copies of the material given on this program have been requested! This figure does not limit the number of WOI fans, for besides those who write there remains a host of silent listeners.

"The Silver Wedding," presented last spring, was a radio serial of 20 chapters, in which were introduced practical suggestions on remodeling, on color schemes and on equipment for the home. Worked in with these ideas were estimable philosophies of life and intangible

telling Mrs. Henry Ness, home economics director for WOI, that the listener thirfs the program "so practical and right to the point," and would she "please send pickle recipes and also the ones for the apple fritters?" And there are letters on monogrammed bond expressing similar gratitude and asking for certain of the radio talks. Some use black ink, some violet, some use pencil. The handwritings vary as greatly as do the personalities revealed in the communications. One letter written in the quavering hand of old age requested a copy of the talk entitled "Bringing Up Grandparents." Letterheads of chambers of commerce, of business concerns and of colleges are also to be found in a day's collection of the fan mail of the Homemakers' Half Hour. For Mrs. Ness reaching into the stack of letters must be somewhat like the pastime of "grab bag," getting something interesting each time. About one-half of these letters come from the rural districts.

A farm woman of 20 years' homemaking experience wrote a letter to Mrs. Ness, from which the following excerpts were copied:

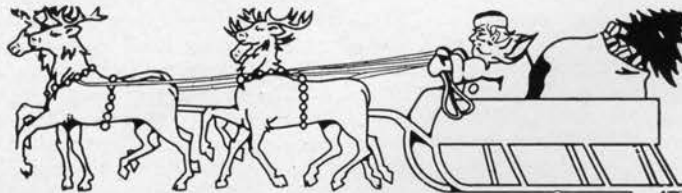
"You are a dear friend of mine, for to me a dear friend is one who has helped one out of difficulties just at the right time.

"Experience is a fine teacher, rather hard on the pupil, but what we learn that way, we do not forget; but I feel that if I can learn from others' experiences my education will grow faster. . .

". . . I wonder if you workers can feel the love and gratitude we silent listeners have for you. I hope you enjoy your work as much as your voice indicates."

Women are usually interested in clothing; there is something in being properly clothed which gratifies their natural love of beauty. Talks are prepared with the view of aiding shoppers as well as giving assistance to those who sew for themselves. This fall one member of the Textiles and Clothing Department gave suggestions for fashioning the now popular fabric hats.

The wee members of the family are also kept in mind, for last winter Miss



qualities which make "a house into a home." Since last spring 14,000 copies of this series have been requested.

MAIL from such distant places as Pennsylvania and New York arrives daily. There are penciled postcards

Rhoades told her radio listeners of having made a child's outfit from the coat and trousers of a man's old suit. This probably inspired many mother hands to sew gay things from odds and ends. The little ones surely stood very straight and

(Continue don page 12)

Coeds Dress Dolls

By Dorothy Acklin

EVEN college girls are not immune to the fascination of dressing dolls. The costume history class has spent some time dressing dolls, not just ordinary ones, but doll to represent ladies of long ago. In the show cases in Home Economics Hall near the textile rooms you can find Madame de Pompadour dressed in the resplendent attire of the middle 18th Century. Near her stands Napoleon and his Josephine in all their courtly splendor. As typical of the middle 17th Century, the girls have Mademoiselle de la Valliere in satins, gold and lace.

In contrast to the glory and splendor of the 17th, 18th and 19th centuries, Clotilde, the wife of Clovis, stands in her modest garb of 493 A. D. The lacks all the satin and lace of the court. Her gown is simple and inexpensive and a plain shawl covers her head and shoulders.

Illustrations of early 15th Century costumes are on display in life-sized garments.

Some Winter Drinks

By Laura Christenson

SOMETHING different but delicious, something seasonable yet economical—that is the kind of drink we like to serve.

Winter brings an added problem, for, unlike the summer-time when anything cold tastes good, it makes us use some little discrimination in choosing a suitable beverage for the party, dinner, or whatever entertainment we are contemplating.

One beverage which lives up to all the characteristics listed above and is very colorful, too, is cranberry cocktail. Its scarlet hue works in beautifully with Christmas color schemes. Here is how it is made. You'll need:

- 4 cups cranberries
- 4 cups water
- 2 lb. sugar

Boil cranberries and water until cranberries are well done. Strain through cheese-cloth, add sugar and boil again for two minutes. Chill and serve cold.

Cider is one of the old favorites that can be used in many different ways. First of all, don't forget how delicious it is just "as is." Fresh, clear cider combines a sweet, wholesome flavor with a bit of a tang that just seems to hit the spot.

Then, if you wish a little variation, you can spice it by tying cloves, cinnamon or allspice in a small bag and heating with the cider. This is served hot.

Another way of serving cider is in a frappe. Here are the directions for its preparation:

Turn sweet cider into the can and freeze as ice cream. Draw off the water, repack with ice and salt and let stand an hour or more to ripen. Serve in small glasses or in thin red shells of apples from which the pulp has been removed. Only a thin shell of apple should be retained, and the inside should be brushed over with lemon juice to keep it white.

A very delicious hot drink and one that is proving very popular is Bohemian tea. One hostess found recently that she served this tea to more than 100 people at a cost of less than 1 cent a person.

To make Bohemian tea use:

- 24 cups water
- 1 tsp. brown cinnamon
- 1 tsp. brown cloves
- 5 tsp. orange pekoe tea
- 6 oranges (juice)
- 3 lemons (juice)
- 2 lbs. sugar

Put cinnamon and cloves in muslin bag and boil in water. Put the tea in a bag also and add the boiling water. Remove from fire and let stand 5 minutes. Remove spices and tea, add fruit juice and sugar. Serve hot.

A good hint to keep in mind in serving these spicy drinks is to avoid including sweet cakes or candies on the menu, if possible. Sandwiches make a much better combination, for the sweetness detracts from the spicy tang of the drink.

This Is Andy Speaking

(Continued from page 11)

proud as they passed before the mirror for a full inspection!

Homemakers are also keenly interested in dressing their homes. When dandelions make the lawns yellow, many women sigh over the drab coverings of some of their chairs. For although attractive coverings are now made of inexpensive cottons, the expense of having the recovering done is prohibitive for many. "What About Slip Covers?" a radio talk presented by Mrs. Ness, as well as the "Silver Wedding" series, helped solve the furniture wardrobe question for many women. This report even told the amateur upholsterer how to determine the amount of cloth needed.

The Homemakers' Half Hour fans will soon be given a new treat; in fact, it is to be a regular adventure. Arrangements are being made to have various persons take them to far away countries in a series of talks entitled "World Friendships." As their imaginations travel along the grape-scented Rhine and over the milk-white Alps, the speakers will tell them the histories and customs of the people. Several favorite recipes will be chosen from the cook books of these countries and given to Americans. Art, which shows the growth of a people, will

also be discussed in "World Friendships."

THE world in which children live is so different from ours, that often mothers are baffled. Robert Louis Stevenson's "Land of Counterpane" suggests the child mind during illness. When Dr. Vance prepared a radio talk concerning the care to be given a sick child he answered many questions in the minds of mothers. Copies of the talk, "When Children Quarrel," were in considerable demand by listeners.

Games suggested by Miss Winifred Tilden, head of the Physical Education Department, make a child's party all gayety, and menus prepared by the Foods and Nutrition Department restore energy to active little bodies.

The "recipe hour," as one writer called it, draws considerable comment. One fan letter reveals that a certain recipe was such a success that it will be a "repeater." Miss Ida M. Shilling is convinced that it is a sensible plan to keep abreast of the times. She made a report of her study of varying the preparation of salt pork. Since so much of this is being used at present, many families will appreciate this timely speech and will be remarking again and again that it doesn't taste like the "same old salt pork."

When delightful Ruth Galvin greets her radio listeners, the homemaker either gives her entire attention to the story Miss Galvin reads, or she saves her mending for this inviting half hour. The books chosen for reading are carefully selected for their human interest as well as for their literary merit, which probably accounts for the enthusiasm of listeners.

WOI does not harbor that foolish conception which young nations usually have, that there must be a blowing of bugles and a showing of splendor to signify culture. True culture is genuine and comes unadorned. There is more of art in setting a table exquisitely than in "ah-ing" over a Rembrandt; if art can be created from our everyday surroundings, there will be progress in culture. WOI helps the homemaker on toward this goal.

An Andy fan and listener of these programs would not be surprised at the number of mothers who are hoping that their little Joan Elaines will some day choose Iowa State College, which is represented by a radio station upholding such fine ideals.

To flavor pickles or preserves with spice put the spice whole into a tea ball and cook it with the other materials.

When a screw becomes loose, remove it, insert a piece of match stem in the hole and replace the screw, which may then hold perfectly.

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We Have Flowers
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EVERTS
 We Deliver Phone 490

YOU NEEDN'T GO OUT
**To Get That
 Late Lunch**

WE DELIVER AT ANY TIME

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CHRISTMAS PHOTOS

Good photographs need not be expensive. "We make photographs to suit your pocketbook."

The Hart Studio
 Phone 336 Downtown

Christmas Cards . . .

Don't miss seeing our line of cards. Remember your friends with an appropriate card from our store.

**STUDENT
 SUPPLY
 STORE**

Next to Theatre

Shopping With The Homemaker

IN THE interest of the opening of the formal season Violet's Toggery presents evening gowns. . . Tallman's displays costume jewelry.

Casey's, Field's, Hart's, Hedrick's and Marguarite's beauty shops are interested in your good grooming.

* * *

The College Shop at Younkers has innumerable styles. The Brown Shop offers lingerie and incidental accessories.

New Mode Hat Shop has a line of dance hats and feathery creations. The Fair Store suggests Carterettes as smart and comfortable "undies."

* * *

And it's Christmas shopping time again! The Tribune Publishing Company suggests book plates as distinctive gifts. . . . Hart's studio makes photographs "to suit your pocketbook." Appropriate cards are in the Student Supply Store line-up. . . . Osborn's offers many gifts, a wide variety, for the shopper. . . . Parchment cards hold the spotlight at the Campus Drug.

* * *

Kids' toys and useful gifts for grown-ups are at the College Hardware. . . The Art Shop presents unusual gifts. Be it cards or gifts, the Studio Place has what you want. . . Christmas headquarters are at Stephenson's. The Campus 5c to \$1 store offers inexpensive novelties.

* * *

If it's time to eat, the Colonial Tea Room specializes in home-cooked meals . . . and the Soda Grill delivers late lunches.

* * *

Periodical foot care means foot comfort—the Hedrick Comfort Shop. . . "Shoes that satisfy" are Bauge shoes.

* * *

Suggesting . . . Everts flowers for your friends. Writing equipment, from pencils to typewriters, is at the College Book Store. Frank Theis in Campus-town has Rexall goods.

* * *

Repairing, one kind or another, simply is necessary. Ames Jewelry Co. repairs watches. . . Parno does jewelry repairing, too. Goodyear Shoe Repairing Service does hat cleaning and blocking. . . Collegiate Shoe Service has a new factory process of cementing soles.



A cellophane pack containing ten folded Parchment Christmas Cards only

19 cents

**CAMPUS
 DRUG CO.**

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Typewriters

**Typing
 Paper**

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THE AMES JEWELRY CO.
 Successors Smith Jewelry Co.
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EXPERT WATCH REPAIRING
 224 Main St.



Christmas Cards Distinctive Gifts

Stationery, Bridge Sets, Memo Pads, Visiting Cards, Party Favors, Book Plates.
 A Steel-art bridge table and set of chairs would be a splendid gift for the whole family—inexpensive, too.

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PUBLISHING COMPANY**
AMES IOWA

Reliable Shoe Repairing

Also Hat Cleaning
and Blocking at

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Next to the Scoreboard

COLLEGE HARDWARE

2536 Lincoln Way

Headquarters for
kids' toys and useful
gifts for the
grown-ups.

Come in and look them over

If You Can Can

(Continued from page 7)

test and studied the good and bad points of the winning jars, until now she has canned a perfect balanced meal.

Four-H girls have double chance to win, for their entries may be judged in all classes and in special 4-H classes. A scholarship of \$300 for any course in any approved college or university was awarded Helen Clark, a 4-H girl of Portland, Ore.

Special prizes were given to celebrities sending in entries. Irene Rich of movie fame made jelly; Mary McCormie, opera star, entered a fine jar of peaches; Ben Bernie, maestro, created considerable comment with his balanced meal. The winning jar of wieners and hamburgers was submitted by Amos and Andy. Upon hearing of their success, they wired Mrs. Gray the following:

"We are grateful to the judges and very happy over winning in the canning contest. Are very sorry we cannot be there to express our appreciation in person. We are very hungry. Please return our entry at once."

Last year a sad thing happened. The judges decided unanimously to give the Grand Prize to a balanced meal entry, which consisted of six jars which when served would make up a nutritious and delicious meal. Every jar was so perfect that it must have meant years of experience and extremely careful handling to get such a product. Everyone eagerly waited to find out about the winner, how old she was, how she looked and how she would take the news telegraphed to her. When the information did come back to the people waiting so anxiously for it, they were heartbroken. The jars had been sent in by the mother of a 4-H girl who had canned the six products with the desire to win the 4-H scholarship so that she might go to school. Before she had mailed the jars, the girl had been stricken with appendicitis and had not recovered from the emergency operation.

There is a jar of peach butter displayed at the fair exhibit this year which was entered in a contest at World's Fair held 40 years ago. A woman from Illinois submitted a jar of gooseberries canned by her mother 66 years ago. Just think how long we might keep our canned foods with our modern improved methods!

Home canning is an economical project and is not a lot of hard work, and just think how good those fruits, vegetables,

meats and jams will taste in January. By entering the contest you receive a complete illustrated book on canning methods and some new and different recipes (would you relish pickled nasturtium leaves?), as well as the good old-timers. Canning in theory is quick and simple, but it takes practice to get results. Why don't you try it? What an advantage you home economics girls would have!

Christmas Clothes

(Continued from page 5)

equally smart covered or uncovered as in the drop shoulder.

Flared hems and panels help to relieve the narrowness, and some sophisticated models boast a slit about six or eight inches long for the added width. The two-piece effect is felt in the evening mode, too, this winter, and dark silk, velvet or wool skirts are worn with lamé or satin blouses. Grand for flat purses, for it will be easy to vary the costume! Full-length, wrap-around velvet coats are perhaps the favorite, but if one so desires, there are short fitted jackets with flaring peplums, capes and swagger coats. Swagger coats are the latest intrusion into the formal field.

Evening colors are rich and dark. I like to call them fruit colors, when I speak of such colors as blackberry stain, prune and apricot. Lamés, "metallized" satins, bengaline, ottoman and heavy, stiff brocades are the mediums creating the new styles.

I found some interesting things in winter sportswear. A two-piece costume in jockey red fleece fabric consists of double-breasted jacket and plus-fours with a knitted band at bottom of the legs to hold them firm about the calf. Golf stockings, warm mittens and sturdy shoes proclaim that this suit can go places. A skating skirt topped with a backwoodsman coat of blanket cloth, preferably plaid, looks smart anywhere. One ski suit of black trousers with knitted cuff and bright red jumper makes me want to go out and play right now! The material is fleece-knitted kid mohair with velour-like texture. The Tyrolean influence is felt in jaunty, feathered hats and hand-knitted sets of gloves, cap and scarf.

A new woolen with hairy finish, called "kitten fluff," fashions a beret-and-scarf set. A gay little feather trims the forward-tilted beret.

Dear me, but I can't run on this way forever! And I've lots more to tell. But then, I know you'll see lots of these things in the stores when you're looking about for Christmas gifts.

FRANK THEIS, Druggist
THE REXALL STORE

217 Main St.

Ames, Iowa

Chenille rugs are a cut pile with an unusually long nap. These rugs are very durable.

Children Need Toys

(Continued from page 3)

active equipment for children of all ages. No play room is complete without blocks and a convenient place to store them. This year one can buy unusual blocks, made with rounded edges and no sharp corners, and a low, strongly-made wagon in which to store them. Blocks that lock together are especially fascinating to the three- and four-year-old.

Strictly dramatic toys, or toys which help the child to dramatize life about him, such as individual puppet theaters, costumes and toys for housekeeping, gardening and traveling, will afford delightful opportunities which parents often neglect.

Pets are ideal, if there is an adult who can and is willing to share part of the responsibility for their care.

There are some really new and unusual toys on the market and some very attractive old ones. A sandbox built like a boat with sails is most exciting.

A baby's treasure box is a most fascinating toy for children of 18 months to 2 years. It is a box with holes of different shapes to drop things through and a lid to take off so that children can get them out again. The toys can be dropped in again and again.

Bingo, the pounding board, is something new for a dollar. Pegs of different sizes are to be pounded with a mallet through holes of corresponding sizes, and then pounded back again.

Transportation toys stimulate and develop imagination. Around trains and ships so many adventures are built! The floor is the ocean, the footstools are islands between which sea crafts ply their way hour after hour. What could better satisfy your creative child than a set of boats with a light house and a bell buoy to give the last happy touch to a perfect gift?

GIFTS for baby who is old enough to sit up should be "holdable," "droppable," "biteable" and easily washable playthings. A rattle shaped like a ring is easily grasped. A hard rubber dolly which may be boiled—bells on a webbing to make a sweet, merry noise—gay-colored rings—a soft dolly of washable powder-puff material—all of these are just about right.

The toddler period is one of rapid learning. The baby has set out to learn his small world. He begins to discover shape, size, sound and color likeness and difference.

The baby peg board gives an opportunity for him to learn that a square peg will not fit into a round hole.

Color Mountain is a nest of small, gay boxes that fit together or may be turned over to make a tower.

A sturdy pull-toy like a walking dog or a little wagon with a strong pull-cord

is what the toddler needs to help him turn his wobbly step into one which is firm.

Books with large, clear animal pictures should have stiff cloth covers.

Other good toys are wheelbarrow, sand-box, pail and shovel, doll carriage, toy broom, unbreakable doll, telephone and bells on a leather strap.

The children of ages 1½ to 4 would soon busy themselves with any of these—large crayons in primary colors; blocks of unit sizes and good construction; musical instruments; beads, large and wooden of bright colors; dolls, both cuddly and the bending or stand-up kind; simple doll clothes and blankets.

From 4 to 6 the tendency of the child is to react to what he sees, and to construct a world of his own. The following are desirable for a child of this age—skooters, fire engines, large balls, wooden trains, dump carts, clothes wash set, doll with clothes, toy stove, cowboy suit, steam shovel, boats, printing sets, clay for modeling, cash register and play money, art easel and baseball set.

From 6 to 10 years the child's toy interests change. Supply him with some of these—a desk, water colors, puzzle map, globe, weaving loom, paper dolls, bicycle, sled, jump rope, marbles, roller skates, books, table games, Boy Scout supplies and tools for woodwork.

Be Healthy

(Continued from page 4)

not only looks bad—it is bad! It is an easy path to travel to poor health. Good posture gives one the sense of well-being.

Dr. Kalar praises the new girls by stating, "The girls this year are very sensible. I have never seen girls more anxious to get a complete physical examination. They are concerned about their health and are desirous of correcting any defects they may have. They are up on their toes!"

FOR the first time in the history of physical examinations at Iowa State College, not one girl has missed her appointment for her physical examination or conference.

Dr. Kalar gives the following hints on how to keep healthy:

1. Get at least 8 hours sleep every night.
2. Eat good, nourishing foods through the aid of a well rounded diet.
3. Do not "piece" between meals.
4. Practice hygienic living, with temperance in all things.
5. Set apart some part of the day for play and relaxation.
6. Select some outside activity in which to center your interests.
7. Do a normal amount of work according to your own capacity.
8. Be happy.

A roll of paper towels kept for the children's use when they come in from play saves both laundry bills and wear on towels.

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Copies of Antique Jewelry
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THE

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No Electricity Goes
on the head in the Egyptian
Oil Permanent Wave.
Get one at the Hedrick Comfort
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Select Unusual Gifts and
Greeting Cards at
The Art Shop
New Ames Theatre Annex

Christmas Shoppers
will find many lovely gifts at
OSBORN'S

Hart Beauty Studio
Specialists in all lines of
beauty culture.
Ames Nat. Bank Bldg. Phone 250

New Dance Hats
and Feather Creations at
**THE NEW MODE
HAT SHOP**
Sheldon-Munn Bldg.

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Treat Yourself
to a good Home Cooked Meal in a
cozy atmosphere.
Colonial Tea Room

Unusual Christmas Gifts and
Christmas Cards at unus-
ually low prices.

STUDIO PLACE
2322 Lincoln Way

What a Big Difference

(Continued from page 1)

anyone else. Religious speakers are not so important as they were when she was a freshman. Instructors have moved up a notch so far as influence is concerned, and they now hold the position that chapel speakers did when she was a freshman. College has taught her the value of books, for she now ranks books third.

Miss Senior has allowed her church attendance to lapse. She doesn't attend as regularly as she did when she was Miss Freshman. More of her classmates go to church occasionally, however.

As far as friendships and confidences go, she still feels the same about them as she did when a prep. She is not quite so self-conscious. Talking to masculine classmates doesn't bother her as often as it did.

Balancing the budget has become a problem now. It's even a bigger worry than studying.

THAT home economics course is going right along changing her taste. She would like to rearrange the pictures at home and even to discard some of them after taking art appreciation. She is still dissatisfied with the furniture and wants to discard some of it and buy new.

Miss Senior is a tiny bit less positive about that marriage and career business. Oh, she feels even more positive that the combination will work, but in her own particular case—um, that depends. (Perhaps she has met some interesting "Ag" or engineer.)

What do you think of Miss Freshman as she will appear four years from now? Of course, there are senior classes and senior classes. The women who are freshmen now may be entirely different when they graduate from seniors of last year.

Packing Lunches

(Continued from page 2)

atop the school stove. Sixty minutes later, crumbly under butter and salt, they will taste . . . let the children tell you how.

For something fresh your simplest resource is a fruit or plump tomato. The luncheon may use the knife for this. On hot days crisp, chilled slaw or tangy punch may fill the thermos bottles, and pickles or a relish will top off the meal.

With your bill of fare thus far complete, you have probably squeezed in that bit of special goodness, that snack which is going to tempt. Experience will show that in the average lunch a sweet is present by demand. At this point you may leave originality for old, secure traditions, of which each age has its own. For father, apple turnover; for mother, jelly roll; for the very young, cup custards; and for a healthy, hungry person like yourself, filled cookies, nut fudges, doughnuts—let instinct be your guide.



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HOSIERY
DRESSES

Violets Toggery
'STYLE · WITHOUT · EXTRAVAGANCE'

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"Introducing Our **Home Economics** *Editor—"*

So reads a recent headline in the Milwaukee Leader, only Socialist daily in the United States.

The Leader had decided to establish a home economics department—foods, child care, homemaking. Naturally the Leader wanted a qualified woman to direct the department.



And so—naturally—it employed an Iowa State College graduate for the job. She is Enola G. Guthrie, who took her degree in home economics in 1932. Like so many other women, she found that Iowa State training fitted her for the kind of work demanded by up-to-date employers.

Iowa State College

Young Moderns Are "Dressing"

For the Important
Affairs the New Era
of Elegance Brings



College affairs, too, are falling in line and giving more attention to dress. Fashion has furnished us with innumerable styles for dining and dancing, for supper club wear, for formals . . . and our College Shop is the center of these exciting new gowns. Sizes 11 to 18. The prices are moderate.

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They are warm but tight fitting. Be smart as well as comfortable.

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Part Wool
Sport Combination
1.29 each

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Vests or Panties
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The Fair
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WHERE THE FINEST FABRICS COME FROM